



National Nutrient Database for Standard Reference  
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Statistics Report 35003, Agutuk, meat-caribou (Alaskan ice cream) (Alaska Native)

Report Date: June 20, 2017 01:15 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <sup>1</sup>	g	55.20	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Energy	kcal	258	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2004
Energy	kJ	1079	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2004
Protein <sup>1</sup>	g	21.70	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Total lipid (fat) <sup>1</sup>	g	18.60	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Ash <sup>1</sup>	g	3.60	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Carbohydrate, by difference	g	0.90	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
<strong>Minerals</strong>													
Calcium, Ca <sup>1</sup>	mg	16	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004

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Iron, Fe <sup>1</sup>	mg	4.55	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Magnesium, Mg <sup>1</sup>	mg	20	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Phosphorus, P <sup>1</sup>	mg	170	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Potassium, K <sup>1</sup>	mg	228	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Sodium, Na <sup>1</sup>	mg	95	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Zinc, Zn <sup>1</sup>	mg	3.83	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Copper, Cu <sup>1</sup>	mg	0.190	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Manganese, Mn <sup>1</sup>	mg	0.060	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004

Vitamins

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin C, total ascorbic acid <sup>1</sup>	mg	2.2	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Thiamin <sup>1</sup>	mg	0.180	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Riboflavin <sup>1</sup>	mg	0.660	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Niacin <sup>1</sup>	mg	4.260	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Pantothenic acid <sup>1</sup>	mg	1.950	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Vitamin B-6 <sup>1</sup>	mg	0.230	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Folate, total <sup>1</sup>	μg	4	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Folate, food	μg	4	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	05/2004

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Vitamin B-12 <sup>1</sup>	µg	4.83	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	05/2004
Vitamin A, IU <sup>1</sup>	IU	559	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
<b>Lipids</b>													
Fatty acids, total saturated <sup>1</sup>	g	5.100	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Fatty acids, total monounsaturated <sup>1</sup>	g	8.700	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Fatty acids, total polyunsaturated <sup>1</sup>	g	3.600	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
18:2 undifferentiated <sup>1</sup>	g	0.510	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	01/2008
18:3 undifferentiated <sup>1</sup>	g	0.310	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	01/2008
Cholesterol <sup>1</sup>	mg	89	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004

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### Other

#### Sources of Data

<sup>1</sup>*Elizabeth Nobmann Nutrient Value of Alaska Native Foods*, 1993